

Meals on Wheels



Enjoy a full meal at the Senior Center. Meals are open to the following individuals:

- ?age 60 or older
- ?the spouse of someone 60 or older
- ?disabled individual accompanying a senior or residing in a housing facility where congregate meals are served
- ?anyone providing volunteer service during meal hours

The center offers a place for gathering, parties, socializing and lunch!

Common Questions:

Is it healthy?

The meals are planned by a nutritionist with input from clients and staff. They meet 1/3 of the Recommended Daily Allowances for people age 60 or older. They include an entree, two vegetables or fruits, bread, dessert, and milk.

What if I have a special diet?

Diabetics - meals include 15 milligrams (or less) of sugar in the dessert and no more than three bread exchanges. Lower Sodium Options- menus are planned to be 1,200 milligrams (or less) of sodium. Gravies are necessary to help keep food hot and moist during transport to your home and are prepared with low sodium soup bases. When high sodium entrees, such as ham, are on the menu, an alternative low sodium selection will be offered. Ground, Pureed, and Cardiac meals are also available.

Is the food bland?

The food is kept simple to accommodate many tastes and medical needs. Feel free to make use of your favorite spices and seasonings to match your specific tastes!

What happens in inclement weather?

If we are closed because of bad weather, it will be announced on Channel 9 News and you will receive a call from us letting you know. Please use your Blizzard Bag or storm pack on these days.

Are you open every day?

Meals are offered Monday through Friday. The program is closed on major holidays.

What if I am not home?

If you will be away for a medical appointment or other reason, please let us know as early as possible.

Can I save my meal to eat later?

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We recommend that you eat your meal upon delivery, while it is hot. Food left unrefrigerated for later could become unsafe to eat.

Are staff members safe?

Yes. All staff undergo criminal, drug, and health screenings.

How much does it cost?

There is no charge for receiving a meal. The suggested donation is \$2.00 per meal. Drivers will leave a donation envelope weekly and are required to pick it up by the end of the week, with or without a donation. Donations are anonymous so we ask that you contribute what you can.

How can I help?

Anybody interested in volunteering should contact the site where they wish to help. Donations are always accepted at all sites.

Supporting Documents



[January Menu](#)

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